

ACTIVE

SKY BLUES

Do you want to make a positive lifestyle change?

FREE 12 Week Programme covering:

Healthy weight

Nutrition

Exercise

Sleep/tiredness

Mental wellbeing

Smoking/alcohol



Self-refer OR Referred by a medical professional

To be eligible, you must be 18+ and registered with one of the 16 GP surgeries listed in the registration form.

To complete your registration form please scan the QR code:



Sky Blues in the Community are working in partnership with the PCN

We're working with 16 GP surgeries within Nuneaton and Bedworth

**SKY
BLUES**
in the COMMUNITY



Sessions are 1 hour 30 min, held at:

Bedworth Community Centre
Smorrall La, Bedworth CV12 0JN

The Newtown Centre
Newtown Rd, Nuneaton CV11 4HG



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